

CLAIMS

1. A composition containing β -glucan, characterized by comprising as active ingredients: a cultured composition containing β -1,3-1,6-glucan obtained by culturing a bacterium belonging to the genus *Aureobasidium sp.*; and lactic acid bacterium cells.
2. A composition containing β -glucan according to claim 1, wherein the bacterium belonging to the genus *Aureobasidium sp.* is *Aureobasidium pullulans* M-1 (FERM BP-08615).
3. A composition containing β -glucan according to claim 1 or 2, wherein a content of the cultured composition in terms of β -1,3-1,6-glucan in solid matters of the composition ranges from 1 to 80% by mass, and a content of the lactic acid bacterium cells in solid matters of the composition ranges from 4 to 95% by mass.
4. A composition containing β -glucan according to any one of claims 1 to 3, wherein the lactic acid bacterium is *Enterococcus faecalis*.
5. A composition containing β -glucan according to any one of claims 1 to 4, wherein the lactic acid bacterium cells are killed by a heat treatment.

6. A constipation-relieving drug, comprising as an active ingredient the composition containing β -glucan according to any one of claims 1 to 5.

7. An immunopotentiator, comprising as an active ingredient the composition containing β -glucan according to any one of claims 1 to 5.

8. A skin moisturizer, comprising as an active ingredient the composition containing β -glucan according to any one of claims 1 to 5.